

“In a Nutshell”

A checklist for completing basics of the Extreme Health Challenge

(The numbers in parentheses refer to document numbers on the website)

Before getting started:

- ___ Decide who will coordinate Challenge for the school
- ___ Coordinator registers online at <http://www.dhss.mo.gov/TeamNutrition>
- ___ Decide what staff will be involved (classroom teachers, nurse, PE teacher, cafeteria staff, etc.)
- ___ Print appropriate sections for each person from web
- ___ Contact MU Extension to arrange for Show Me Nutrition lessons to be taught (26-27)
- ___ Plan to model healthy behaviors (8-11)
- ___ Plan to incorporate lessons from optional Katy Trail History curriculum (30)

At the beginning:

- ___ Explain key parts of program to students
 - ___ Katy Trail Challenge, including classroom activity breaks (13-20)
 - ___ Fruit & Vegetable (F&V) Challenge (23-25)
 - ___ Nutrition lessons (26)
- ___ Explain incentives to students (6)
- ___ Talk to students about competing with other classes
- ___ Send parent letter, small Katy Trail map, and Family F&V Challenge chart home with each student (12, 20, 25)
- ___ Determine class goals
- ___ Put up Katy Trail Challenge map and F&V Challenge poster for each class (*posters delivered to school*)

Every day during the Challenge:

- ___ Give pedometers to 2 students each morning and make sure they use correctly (14)
- ___ List today's choices of fruits & veggies in cafeteria (31)
- ___ Create opportunities for students to increase physical activity through classroom activity breaks, playground games, etc. (18-19)
- ___ At end of day, collect pedometers and help students convert steps or minutes of physical activity to miles on “class activity record” form (15)
- ___ Mark progress in 5 mile increments on classroom Katy Trail map poster
- ___ Students mark individual F&V Challenge chart after they eat (24)
- ___ On F&V Challenge poster, have each student mark 1 square for each serving of fruit and/or vegetable they eat. This can be done daily or at end of week if students keep up with their individual F&V charts
- ___ Keep motivating students to be more active, eat more fruits & veggies, and mark it all down!

After the Challenge:

- ___ Enter results for each class online at <http://www.dhss.mo.gov/TeamNutrition>
- ___ Receive incentives from DHSS and give to students
- ___ Work with MU Extension to arrange a family fruit & veggie demonstration
- ___ Continue classroom activity breaks and other healthy habits learned!